

Yul Gok

Stand at attention. Bow. Step out to June Bi

1. Move the left foot to the left into a Horse Stance. Extend the right fist, followed by a slow punch with the left hand.
- 2 – 3. Right Punch followed by Left Punch.
4. Move the left foot to the right and then step out with your right foot into a Horse Stance.
- 5 – 6 Left Punch followed by a Right Punch.
7. Place your arms in position for a Middle Block Outward and turn feet 45 degrees to the right standing in a 45 degree angle. Do a right Middle Block Outward.
8. Keeping arms in place, do a left Reverse Front Kick and land in a 45 degree Front Stance.
- 9 – 10. Left Middle Punch followed by a right Middle Punch.
11. Place your arms across your body for a Middle Block Outward. Lift your front foot and turn 90 degrees to the left and land in a 45 degree Front Stance. Do a Middle Block Outward.
12. Keeping arms in place, do a Reverse Front Kick. Land in a 45 degree Front Stance.
- 13 – 14. Right Middle Punch followed by a left Middle Punch.
15. Move your front foot 45 degrees to the right, landing in a Front Stance. Do a **SLOW MOTION** Hooking Block with your right hand.
16. **SLOW MOTION** Hooking Block with the left hand.
17. Right Middle Punch.
18. Step forward and execute a **SLOW MOTION** Hooking Block with your left hand.
19. Execute a **SLOW MOTION** right Hooking Block.
20. Left Middle Punch.
21. Step forward into a Front Stance and do a right Middle Punch.
22. Lift the back leg and bring it forward into a Side Kick Chamber and hold it, (Crane Stance) and do a Guarding Block.
23. Do a high, left Side Kick and then rechamber the kick.
24. As your lower your leg, shift your body so you land in a Front Stance. Grab the back of an imaginary partner's head with your front hand and do an Elbow Strike with your back arm, hitting your front hand with your forearm.
25. Turn 180 degrees to the right and bring your right leg up to a Side Kick Chamber (Crane Stance) and do a Guarding Block.
26. Right, High Side Kick. Rechamber your Side Kick and shift your body so you land in a Front Stance.
27. Grab the back of an imaginary partner's head with your front hand and do a left Elbow Strike, striking your front hand with your back forearm.
28. Move your left forward, placing it in front of your back foot in an L Shaped Stance and shifting your weight into a Back Stance as you do a Knifehand Twin Forearm Block.
29. Step forward into a Front Stance and do a Pressing Block followed by a right Spearhand Strike.
30. Look right and turn 180 degrees to the right. Do a Knifehand Twin Forearm Block.
31. Step forward into a Front Stance and do a Pressing Block followed by a Spearhand Strike.
- 32 – 33. Move your left foot 90 degrees to the left landing in a Front Stance and do a left Forearm

Block, followed by a Reverse Middle Punch.

34 - 35. Step Forward into a Front Stance and do a Forearm Block, followed by a Reverse Punch.

36. Jump Forward, landing in an X Stance. Do a Backfist Strike with your left hand.

37. Look right and lift the right foot and swing 270 degrees to the right, landing in a Front Stance and do a Double Forearm Block.

38. Look left, move the front foot back to your other foot and swing 180 degrees to the left, landing in a Front Stance. Do a Double Forearm Block.

Kiap and say "Yul Gok"

At the command "BARO", Bring the left foot back to Ready Stance, then left foot to the right foot.

Diagram ---|---

38 Moves

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